

## Section of Open Session: Cooking With Kids; How to Use Local Fresh Foods

- Using produce in FCS to go in kitchens (use as man power)
- Recipes for all kinds of foods (especially those you're unfamiliar with)
  - o Made by extension (willing to share)
  - o Yellowstone city extension, Billings
- Helena HS has "chopped" class (like TV show)
- School snacks, accessing food through FS kitchen
- Grow it, try it, like it, (USDA materials)
  - o Activities for a variety of foods
  - o Also available online
- Go, grow, and low
- Go grow, and woah
- Using the back of the menu to send tips for food safety or recipes with new foods
- Greenhouse-start in pods then bring home to finish growing
  - o Gallatin Gateway school
  - o 1<sup>st</sup> frost, last frost
  - o Which foods grow in Montana
  - o Thinning out
  - o Drawing out idea of what your plants are going to look like
- Growing the foods
- Can you use pesticides?
- Farm tours learning about all different parts of agriculture
  - o Pre and post tests
- Plant strips
  - o Paper towel, marked distance apart
  - o Cornstarch and water in baggie, place seed inside
  - o Give as gift to Mom or Mother's day
- How to organize cooking
  - o Stations
  - o Chop veggies make soup
  - o Safety/table knives
  - o Wheat, seeds, flour, bread
- Chop cop magazine 6x a year is \$24

## Summary:

- Tap into free resources (USDA)
- Using a variety of foods (new foods)

- Growing the food themselves
- Organization, moving kids through in stations